

MCTI Staff Working on Wellness

As part of the State of Michigan, Working on Wellness (WOW) campaign, 35 staff at the Michigan Career and Technical Institute (MCTI) participated in a 6247 mile virtual walk to Baghdad. The WOW team donated 25 pedometers to the MCTI staff and the walk began on June 10th.

The walk was part of a fundraising effort for MCTI staff to send a care package to a medical military unit stationed in Afghanistan. \$110 was raised to purchase care items for the 20 member medical unit. They were requesting items to help comfort children and patients that are victims of the war. The package consisted of suckers, stickers and small toys for the kids plus some personal hygiene items for the medical staff there. "They say laughter is good medicine, so a whoopee cushion was included for good measure," says MCTI Walk Coordinator, Michelle Moffett.



Walkers pictured: Back row—Sue DeHaan, Dave Porter, Jennifer Zuniga, Carol Wiessner, Carol Harms, Jane Norton, Jeff Durham, Bruce Brenn, Brian Pruess, Front row—Nada Eggerstedt, Michelle Moffett, John Miller, Karine Carls, and Margie Erb. Not pictured: Linda Brice, Dr. Michael Kelly, Don Cain, Rebecca Crockett, Ron Davis, Beth DeWaters, Laurel Disney, Sandra Dix Pikaart, Kathy Fretz, Jan Glidden, Dennis Hart, Terry Haughn, Mike Kelley, Patty Miller-Kramer, Penny Miller, Sandy Reed, Lori Rodarte, Alicia Storey, Lynda Thomas, Mary Jane Welker, and Kelly Williston.

The walk continued until July 18th, 2008. The walkers completed 3,814 miles, which put them virtually somewhere in the Atlantic Ocean. In addition to the pedometer, the walker with the highest miles won a traveling trophy, topped appropriately with the "Road Runner." Top five finishers were:

1 st Place	John Miller	354 miles
2 nd Place	Karine Carls	251 miles
3 rd Place	Lynda Thomas	195 miles
4 th Place	Jeff Durham	192 miles
5 th Place	Rebecca Crockett	167 miles

MCTI is part of the Department of Labor and Economic Growth, Michigan Rehabilitation Services and provides state-of-the-art job training to prepare people with disabilities for competitive employment.



MCTI Director Dennis Hart, presents the "Road Runner" Trophy to John Miller